

“Flourishing in Failure: Managing Mistakes Like a Comedian”

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(Yes! This is a real museum!)

Nobody tries to fail, but sometimes things go “not as planned,” and recovery is rough. How do we avoid it, and how do we handle it when it’s happening or after it’s over?

First Rule: Make sure it really is a failure. Don’t let others tell you it’s a failure. Ask questions, dig deeper. Did it move me closer to my goals? How do I feel about it?

But what if things don’t go as planned? Here are 5 keys to avoiding and recovering from failure.

- 1. Find your match/Swim in your own lane.** Sure you should try new things as long as you commit to them fully. Otherwise find out what you’re comfortable doing and what you enjoy doing . . .and do more of that.
- 2. Find a “Failure Net” in advance.** Plan something in advance that you can do, that calms you down and stops you from failing further. Plan a break, consider things that you can focus on that calm you, etc. Don’t let the failure snowball!
- 3. Find a way to make it interesting to you!** If things aren’t going well, and you can’t stop it, then have some fun with it. Come away with a good story and enjoy the moment.
- 4. Connect with your network.** Find at least one person who you can talk with candidly day or night, who is or was in your shoes. You’ll feel better and encouraged, and maybe get some laughs too!
- 5. Don’t give it too much energy!** Learn from it and move along. Don’t continue to focus on something that you don’t want to repeat.

For more of Jan’s stories, check out her book “Convention Comedian: Stories and Wisdom from Two Decades of Chicken Dinners and Comedy Clubs.” And feel free to contact Jan at the phone number or email below!

ENJOY YOUR JOURNEY!!!